TWELFTH ISSUE, 49,000 COPIES

UNITY DAILY WORD

A monthly manual of daily studies in Christian metaphysics

JUNE, 1925

"Wherefore leaving the doctrine of the first principles of Christ, let us press on unto perfection."

10 cents a copy. $1.00 a year.

UNITY SCHOOL OF CHRISTIANITY
Kansas City, Mo.

FOR SUMMER WEATHER

"The eyes of the Lord are upon them that love him, he is their mighty protection and strong stay, a defence from heat, and a cover from the sun at noon, a preservation from stumbling, and an help from falling" (Apocrypha).

"The LORD *is* thy keeper: the LORD *is* thy shade upon thy right hand. The sun shall not smite thee by day, nor the moon by night. The LORD shall preserve thee from all evil" (A. V.).

"They shall not hunger nor thirst; neither shall the heat nor sun smite them: for he that hath mercy on them shall lead them, even by springs of water shall he guide them" (A. V.).

"He that is of a cool spirit is a man of understanding."

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UNITY DAILY WORD

A monthly manual of daily studies in Christian metaphysics, issued the first day of the month by

UNITY SCHOOL OF CHRISTIANITY
917 Tracy, Kansas City, Missouri
F. B. WHITNEY, *Editor*

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TEN COMMANDMENTS

Thou shalt be loyal to one God.
Thou shalt bear his image in thy heart.
Thou shalt always speak words of truth.
Thou shalt keep every moment sacred.
Thou shalt honor and love all men.
Thou shalt behold life in its fullness.
Thou shalt be pure in mind and in deed.
Thou shalt ever be honest and fair.
Thou shalt ever be true and faithful.
Thou shalt rejoice in prosperity.

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LESSON SUBJECTS

June 1-6, Christ Within:

Wisdom; Will; Health; Happiness; Peace; Dominion.

June 8-13, Vision:

Mental Seeing; Corresponding Manifestation; Vision and Imagination; Spiritual Vision; Seeing the Perfect Man; Seeing Life in its Fullest.

June 15-20, Harmony:

Inharmony from Ignorance; Inharmony from Willful Disobedience; Adjustment to Law; Harmonious Expression; Harmonious Living; Love, the Harmonizer.

June 22-27, Health and Disease:

Pathology; Contagion; Pain; Turning to God; The Absolute; Make Right Use of Life.

June 29, 30, Freedom:

Bondage to the Flesh; Bondage to Environment.

In the July issue, our first anniversary number, we begin a series of lessons based upon the six steps in creative consciousness. This number will also include a special article, "The Way of Silence."

MONDAY, JUNE 1

Word for Today: *Christ within is my guiding light, and it directs me in all that I think and do.*

You have fully recognized the fact of the same God dwelling in all men as dwells in you, that each one's own Lord, the Christ within himself, will make no mistake.—*Lessons in Truth.*

Recognizing Christ within is recognizing one's identity with God. This recognition causes one to contact the light of God and to be guided by its wisdom in all that he undertakes. Your decisions are always good when they are made through Christ understanding.

Never think or say that you do not know a thing. To deny that you know a thing is to deny your Christhood and the power of the Christ light. Within you is that which is more than capable of leading and directing you in every experience that may come to you.

Christ in you is your ability to know things with the wisdom of God. Christ in you is your power to perceive the truth of every circumstance. Christ in you enlightens your consciousness and directs you into your highest good.

At the center of your being is the Christ light. Let it shed its rays upon your consciousness and let it radiate throughout your being. Be guided by its light and accept its never-failing wisdom.

"Christ shall give thee light" (A. V.).

TUESDAY, JUNE 2

Word for Today: *I am willing to be guided by the will of Christ.*

Oh! for more souls . . . who dare let go of every human being for guidance, and, seeking the Christ within their own souls, let the manifestation be what He will!—*Lessons in Truth.*

One is not moved by selfishness and personal will when he has unified himself with the mind and the will of Christ within. He is willing to see personal will defeated by the will of Christ, the will of God. He is willing to see Christ within establish spiritual truth in place of personal desires and ambitions.

You need first to give up all desire for the personal. Personal desire causes personal will to become active. When personal desire is replaced by a desire for Christ, then the Christ will supersedes personal will.

Selfishness, stubbornness, and resistance go out of one's life when personal will leaves and when the will of Christ becomes active. At the same time, confusion, indecision, and disorder go. When one is guided by the Christ within he cannot decide or act in any way that will cause chaotic conditions.

The Christ will is the will of your spiritual self. It is the will of God, the will of the universal, brought to bear upon the affairs of the individual. That mind ruling the destiny of the universe becomes identified with the destiny of man.

"We have the mind of Christ."

WEDNESDAY, JUNE 3

Word for Today: *Christ in me is the life and health of my body. My body is the temple of Christ.*

This body is the temple of the living God; the Lord is now in his holy temple; Christ in me is my life, Christ is my health, Christ is my strength, and Christ is perfect; therefore I am now perfect because He dwelleth in me as perfect life, health, strength.—*Miscellaneous Writings.*

Recognize Christ within as the source of your life, health, and strength. Christ is your life; do not be content to say that Christ gives you life. You cannot lack health or strength when you realize that Christ is your health and strength.

When the suggestion of disease or weakness comes to you, erase it through a realization of the truth that only Christ can have presence and power in your life. Where the presence of Christ is, there can be no belief in disease. Your body cannot be the storehouse of any disease when you know that it is a spiritual temple. When Christ is enthroned in the body temple all the muscles, nerves, organs, and cells of the body are brought into spiritual consciousness.

To the extent that you grasp the truth of your physical perfection, to that extent you manifest health. Those who have very little health have but partially realized the truth of the spiritual perfection of the physical body. It is the truth of the indwelling Christ.

"The body is Christ's."

"To live is Christ."

THURSDAY, JUNE 4

Word for Today: *The presence of Christ within makes me joyful and happy.*

What we need to do is to seek this revelation of the living Christ within our own being, each for himself, knowing that only this divinity come forth can make us grand and powerful and happy.—*Lessons in Truth.*

One who has found Christ is not long-faced or sad. At one time we thought of a Christian as one having a countenance that indicated that he carried the sins of the world upon his back. To picture vicarious suffering upon one's face seemed to stamp that one a Christian. Today health and joy are two characteristics of the Christian. If one is not happy and joyful he has not found the Christ. If his face is lighted with a bright inner joy, you may suspect that he has found Christ.

Christ within you is your joy. It is that which causes you to see the nothingness of gloom and depression. It is that which makes you happy even when there is no external thing to make you so.

You will never find joy in external things. The joyful person is not one who has been compelled to become joyful by outer things. You must take your joy as the normal and natural thing of life. You must be able to be joyful regardless of the external, regardless of time, place, or things.

"Honor and majesty are before him:
Strength and gladness are in his place."

FRIDAY, JUNE 5

Word for Today: *The presence of Christ within makes me peaceful and harmonious.*

There is a definite inner revealing of the reality of an indwelling Christ through whom and by whom come life, health, peace, power, all things.—*Lessons in Truth.*

The realization that Christ is within man makes one peaceful. When you see that only Christ, the Truth, has being and reality, then you see that inharmony and discord have no reality in the absolute. If in superconsciousness you can conceive of peace as filling your world, then will you be able to see peace expressed in all your affairs. Get the understanding that peace alone is true.

Christ is a symbol of peace. The birth of Jesus was attended by carols of peace. When the Christ is born to human consciousness, the whole organism is flooded with peace. You can show no greater love for Jesus than to discover the Christ within yourself and to express Christ in your life.

In the very face of tumultuous experiences you can turn to your own peace, the Christ within, and maintain peace. If you realize the truth about peace, the illusion of the external cannot disturb you; the power of your realization will reach the external and cause peace to be established.

"The peace of God, which passeth all understanding, shall guard your hearts and your thoughts in Christ Jesus."

SATURDAY, JUNE 6

Word for Today: *Through Christ in me, I have all power and dominion.*

Bestir yourself; the Christ of God is born in you, and the hour of your reign is at hand!—*Christian Healing.*

You can rule all the affairs of your life by utilizing your innate spiritual powers. Christ in you is mighty to subordinate every circumstance and every situation to your highest good. Christ in you is powerful to command health and prosperity and to make them manifest at your bidding.

You are a son of God, a prince of his kingdom. Your power to command is the power of the King. Your word carries unquestionable authority.

Know that Christ in you is powerful to do all things. You can place all your affairs in the keeping of Christ and know that order and prosperity will be established.

You have power and dominion over all the things of your world. Your dominion is the Christ dominion; it is unlimited. You limit it only by your limited consciousness. When you grasp the idea of unlimited dominion, your dominion is unlimited.

Do not question your power to achieve. When you need to exercise power and dominion, realize that through Christ you have all power and dominion. Realize that Christ works through you.

"I can do all things through Christ which strengtheneth me" (A. V.).

SUNDAY, JUNE 7

Word for Today: *With God, I behold all men in the light of Truth.*

. . . as we withdraw from the external to the within of ourselves, keeping our thoughts centered on Him who is perfect, shall we lose sight of personality, of divisions and differences, and become conscious of our oneness with each other and with God.—*Miscellaneous Writings.*

Peter caught a vision of the difference between things as they exist in the absolute and as they appear to the limited vision of man. In his ignorance man puts a stamp of disapproval upon many things that should merit his praise.

The unregenerate man is inclined to live in a world of cliques and factions. Peter was shown that he should not limit his teaching to persons who followed certain religious customs. He was shown the universality of truth in its application to all men, to all conditions, and to all things. He then gave his full ministrations to the men whom he formerly had regarded as unworthy and unclean.

Many students of religion are very sectarian in their views. They regard members of their own church as exclusively the chosen people of God. They magnify the importance of nonessential doctrines and fail to recognize the importance of such essentials as universal love.

"What God has purified, you must not regard as unholy" (Weymouth).

MONDAY, JUNE 8

Word for Today: *In my spiritual consciousness I see and know the Truth of God.*

Mental seeing is knowing; when we perceive the truth of a proposition, we say, "I see, I see," meaning that we mentally discern.—*Christian Healing.*

Sometimes one says: "In my mind's eye, I see this clearly." We not only know with the mind but we also see with it. The sculptor, the artist, and the architect visualize their creations and see them as distinctly as if the creations existed in the physical. They actually see these productions in the mental realm, where the productions exist in reality before they appear in the external.

Truth is not alive to one until he has gained spiritual insight into it. He needs to look into the very heart of a metaphysical proposition and actually see its truth in relation to himself and his affairs.

Many people remain in intellectual consciousness and fail to demonstrate Truth because they do not see with clear-cut spiritual vision. One way to help yourself reach the state in which you can see clearly is to fill your consciousness so full of Truth that you cannot think or see anything but that which is based upon Truth.

Cultivate the ability to see Truth in operation at all times.

"See the salvation of Jehovah, which he will work for you to-day."

TUESDAY, JUNE 9

Word for Today: *By seeing good I am able to manifest it at all times.*

Whatever we mirror in our minds becomes a living, active thing, and through it we are connected with the world about us.—*Christian Healing.*

The result of our mental seeing is its actual expression in the objective world. The character of the manifestation shows the nature of our visualization.

If one's mind is given to picturing and portraying adverse conditions, he objectifies these in his life. He contacts the world only by his thought about the world. He knows himself only by his conception of what man is.

The student of Truth looks upon good as the one and only reality. He sees good and good only. His concept of good is so clear that it is quite easy for him to manifest good. It would not be easy for him to express evil because his consciousness is cleared of seeing evil.

If you wish to change things in your life, make a change in what you mentally see. Cease to see discord, evil, or limitation; in that way you cease to form any of these conditions. The manifestation changes when your mental vision changes. Aim to get a definite vision of good. Hold to it at all times. See good so persistently that you bring it right out into manifestation.

"I would they were wise to reflection,
That they understood its results" (Fenton).

WEDNESDAY, JUNE 10

Word for Today: *I behold all things as made in the image and likeness of God.*

The mind of man sees all things through thought forms made by the imagination.—*Christian Healing.*

As a man imagines things to be, so they become to him. He beholds the world and all that it contains as they appear to him, not as they exist in the absolute. After he has grasped spiritual truth and has learned the truth about a thing, it is quite easy for him to see it in the ideal.

All things have their spiritual counterparts in God. We are to see a thing's likeness as it exists in God. We are to see its perfect image as it exists in perfection.

There is no excuse for one's giving himself up to imaginations that are not in line with the highest truth. Such practice but serves to keep one away from realizing and demonstrating truth.

In place of fear and hate, see confidence and love. In place of lack, see prosperity and plenty. Instead of inharmony, see peace and order. Instead of disease, see health and eternal life.

Back of limited appearances, see God in his fullness. See all things as they are in truth, as in some form expressing the perfection of God. In this way you will be able to see God's omnipresence.

"Why do . . . the people imagine a vain thing?" (A. V.)

THURSDAY, JUNE 11

Word for Today: *God directs my every thought and act. He sees and approves all that I do.*

It is not man's province to formulate anything but what will be a pleasure in God's eye.—*Christian Healing.*

When we learn to see things according to spiritual vision, we may be sure that God, the Spirit of truth within, approves of what we think and do. Man has no right to think or act otherwise.

"God's eye" is your own perception of things as they are in the absolute. Through this spiritual visional sense, man can see things as they are according to spiritual truth. The outer man must learn to regulate his thoughts and acts according to the truth as shown him by his indwelling Spirit. There is no way to win the approval of God but to measure your thought up to your own indwelling Spirit.

When you understand and see things as they are in Spirit, then you may be assured that all that you think and do, while keeping yourself in unity with Spirit, will have its sanction.

The old tendency to see things adversely will drop from you when you catch the high vision. Your visional faculty becomes the visualizing power of Spirit. You learn to see things through the eyes of Spirit.

"Ye shall no more see false visions . . . ye shall know that I am Jehovah."

FRIDAY, JUNE 12

Word for Today: *In myself and in all men I see the perfect expression of God.*

It is not while we are looking at the imperfect either in ourselves or in our brother, but while we are "*beholding* as in a glass *the glory of the Lord, that we are changed into the same image.*"—*Miscellaneous Writings.*

Spiritual healing does not come by one's gazing upon oneself or another with the eyes of sense. The imperfect vision of man tends to hold man to imperfection.

Metaphysical healers develop the power to see man free from disease and to see him whole and perfect. They get such a clear realization of the perfection of man that it wipes from the suffering one all trace of disease; it restores to his mind the perfect image and likeness of health—that which he is in reality.

Think about the perfection of man so much that your mind forms the habit of thinking of man as perfect. Discipline yourself in seeing perfection in yourself and in others. Transmute the inclination to see disease into the ability to see health.

The power to heal comes through practice. Each time one gets a clear realization of health it tends to develop his healing consciousness.

"Lest they see with their eyes, and hear with their ears, and understand with their heart, and turn again, and be healed."

SATURDAY, JUNE 13

Word for Today: *In my body I see the deathless, eternal life of God.*

There can be no question that death is a condition set up in human consciousness alone. God is not dead; he does not recognize or countenance death.—*Christian Healing.*

To give recognition to the belief in death is to limit life. To countenance death is to countenance belief in some power other than God, the all-powerful. Since death has no part in God, it has no part in life. Death is a condition brought about through man's ignorance of how to unify Spirit, soul, and body; man separates his body and life.

We need to see eternal life in the body and to vision life at work there in its fullest. We need to know that life, the activity of God within us, is not apart from our bodies. We need to feel the presence of life in every part of our bodies, to know that every nerve, muscle, and cell is filled with the energizing, healing life of God.

See life as eternal and deathless. See it as unaffected by the belief in death. See life as never-ending, never-failing.

In the absolute there is no death, because the belief in death is fallacious. Knowing this, you can keep your body unified with life. The eternal life of God is your life. God's life is deathless; your life is deathless.

"My life shall behold the light."

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"My life shall behold the light."

SUNDAY, JUNE 14

Word for Today: *The Truth of Christ is the truth about all men, and I rejoice to see Truth universally recognized.*

Not that God's giving is with partiality. Make no mistake here. The Creator of the universe is no respecter of persons. There are no favorites in his creation.—*Miscellaneous Writings.*

Stephen recognized the universality of Truth; he saw that it was not something to be limited to one race of people. He thought that what was good for the Jews was good also for the Greeks.

Truth is always impersonal and universal. It belongs to no particular sect or to any special race. The Truth about man and his relation to Christ is as necessary for one individual as for another.

Truth tends to break down lines of division and to remove denominational nonessentials and racial differences. It is destructive only in that it destroys that which is unlike Truth. It tends to unify and amalgamate. It establishes the brotherhood of man and the unity of all things.

Many religious people object to Truth because they look upon it as peculiar to some sect. They fail to see the truth of Truth and their own need of understanding it.

So long as another is desirous of knowing Truth, you should give it to him. What you cannot openly teach to him may be silently declared for him.

"Ye are all one in Christ Jesus" (A. V.).

MONDAY, JUNE 15

Word for Today: *Conscious of the Truth, I remove all ignorance and inharmony from my consciousness. The harmony of God makes me harmonious and peaceful.*

Hard experiences come into our lives because we do not know the law of harmonious thinking.—*Christian Healing.*

Thoughts of hardship and inharmony have no place in the consciousness attuned to God. When the mind is cleared of the ignorance and darkness of mortal thought, then the spiritual consciousness is free to do its harmonious work.

All harmony must come through harmonious thought. If you have inharmony in your body or your affairs, you must first establish harmony in consciousness. Your ideas must be orderly, peaceful, harmonious.

If people seem inharmonious to you, you must become harmonious. As a center of harmony you will have power to make harmony manifest anywhere. Your strong consciousness of harmony will rout the most chronic case of inharmony.

In the most turbulent situations, by his Christ consciousness Jesus established peace and harmony. The Christ in you is mighty to make harmony manifest at any time, at any place.

". . . darkened in their understanding, alienated from the life of God, because of the ignorance that is in them, because of the hardening of their heart."

TUESDAY, JUNE 16

Word for Today: *I am obedient to Spirit and I rest in the harmony of God.*

He "hid" from his Lord—and the result is an absence from his Eden, or the divine harmony of the law.—*Christian Healing.*

Turning from God, one turns from the paradise of harmony. Looking away from heaven, he sees the inharmony of disobedience and mortal thought. Wherever he turns, he feels the unrest of being away from God. He can obtain harmony only by facing the light of Truth and being obedient to Spirit.

Willfully turning from the Spirit, after one has perceived the Truth, one sees the fallacy of trying to go contrary to spiritual consciousness; he sees the inharmony of willful disobedience.

Facing the Lord, one sees the very harmony of heaven and finds himself at one with it; he but faces the truth about himself.

Quite often one knows that some truth is at work in his life but he is inclined to blind himself to its action. He needs courage to face the truth and to see what it is actually doing for him. He needs to give up personal feeling and become unified with what Truth is doing for him. He needs to coöperate with Truth, face its omnipotence, and let it establish harmony.

Our lesson today helps us to get away from personal desires and to make the contact with Spirit.

"Look now toward heaven."

WEDNESDAY, JUNE 17

Word for Today: *The law of God regulates all my affairs and they are in divine harmony.*

Harmony . . . is adjustment to the law of Being, to the law of divine nature, to the law of God.—*Christian Healing.*

If your affairs are inharmonious, apply spiritual law and principle. The mathematician relies upon law to correct jumbled figures; the practical Christian has access to a law equally as reliable, scientific, and exact.

All things are brought into their right relationship when spiritual law becomes active in them. Inharmony is simply the wrong relation of things and is a maladjustment of conditions. The orderliness of law causes inharmony to change to harmony and order.

Study spiritual law until you become thoroughly confident of its ability to adjust and to regulate your affairs. Then depend entirely upon it, and that which is ordinarily called "law" will become subordinated to it. There can be but one law for you when you know the truth about divine law.

The law of God regulates the affairs of your home, your office, and your business when you consciously set it to work. This law clears away disorder and inharmony. It establishes harmony and peace.

"His delight is in the law of Jehovah."

THURSDAY, JUNE 18

Word for Today: *Centered in spiritual consciousness, I express and manifest spiritual harmony.*

If the idea originates in Spirit, the creation is harmonious and according to the law.—*Christian Healing.*

When the individual thinks Truth, all that he performs takes on the characteristics of Truth. If his ideas originate in mortal consciousness, he manifests inharmony. Every manifestation of spiritual thought is spiritual and harmonious.

We need to keep ourselves centered in spiritual consciousness in order to assure ourselves of harmony. When one is established in Spirit, he finds it quite easy to express Spirit.

When conditions seem inharmonious, your work is not with conditions, in attempting to straighten them out, but with your own consciousness. Retreat within.

In spiritual consciousness you see all things in their harmonious relationship. Through the power of Spirit within you have power to make harmony manifest under any condition.

Physical inharmony is removed when the power of spiritual consciousness is felt in the body. Harmony relieves the body of the inharmonious belief because this belief is released from the mind. The manifestation of inharmonious thought gives place to the expression of physical harmony.

"Every creature of God is good."

FRIDAY, JUNE 19

Word for Today: *My life is harmonized with the life of God.*

Connect the life center with its spiritual source, and it is restored to divine harmony.—*Christian Healing.*

Man's life must contact the life of God in order to be harmonious. It must keep unified with the life of God at the center of man's being and there tap the life of God. The connection must be so well made that there is no break between the life of the manifest and the innate spiritual life.

Your life becomes harmonized on all planes of expression by your having unified yourself with the life of God. You virtually cause God to live in your body and in your affairs when you bring about the conscious contact with God that lets his life express through you.

The harmony of life! What an ideal, and yet so simple when one has learned the truth! The secret lies in our letting our lives be the harmonious expression of God's life. We let go of all trying to live; we just let abundant life flow through us and make us alive.

The strong, vigorous life of God is your life. The energizing, vitalizing life of God is yours.

Harmonize your thought with Divine Mind and you harmonize your life with the divine. The linking of your consciousness to God links your life to his.

"Your life is hid with Christ in God."

SATURDAY, JUNE 20

Word for Today: *Through love I am harmonized and unified with all people and all things.*

In expression, love is the power that joins and binds in divine harmony the universe and everything in it.—*Christian Healing.*

Love is the harmonizer. It brings people together. It unifies them. It makes them see the nothingness of petty differences and makes them see harmony and unity instead. Love binds up broken faith and broken pledges.

If harmony does not appear readily, try more love. Love anything long and steadily enough and you will make it love you and be harmonious toward you.

Love is the basis of all unity. Where love is, there can be no differences, separations, inharmony. Love causes small groups to fuse. It causes coöperation to exist where formerly there has been lack of coöperation.

People cannot resist the power of love or stand against it. Love causes them to see themselves in the right light and to see others aright. Love gives them a nobler concept of themselves and a desire for better relationships.

When one comes to you for help in removing inharmony from his life, give him help in developing the love consciousness.

"Love covereth all transgressions."

SUNDAY, JUNE 21

Word for Today: *Through Christ I am released from all bondage and I am free from every man-made limitation.*

Holding to the words, "Christ is the way," when you are perplexed and confused and can see no way of escape, will invariably open a way of complete deliverance.—*Lessons in Truth.*

The prison could not hold Peter because it could not contain his far-reaching consciousness of freedom. Peter knew the Christ. He knew Christ as his liberty and freedom, his freedom from every limitation and every restriction.

We deliver ourselves from all sense of bondage when we perceive the truth of our freedom. The Truth makes us free. It causes us to rise to the consciousness that nothing can bind or limit.

If you are bound and chained by belief in disease or poverty, deliver yourself by holding to the truth, by entering into the consciousness that recognizes neither bondage nor limitation.

Your God-given right is the right to freedom. Do not allow yourself to sink down dejectedly under the impression that you must give in to bondage. Arise and assert your freedom! Walk out of the chains that bind you!

"The Spirit of the Lord Jehovah is upon me; . . . he hath sent me . . . to proclaim liberty to the captives, and the opening *of the prison* to them that are bound."

MONDAY, JUNE 22

Word for Today: *Disease has no place in my thought or in my body. My mind and my body are filled with the healing presence of God.*

That the wisdom of health can be evolved from the study of disease microbes is a concept of the intellect in its tendency to look without instead of within.—*Christian Healing.*

Studying disease gives one a consciousness of disease. It causes him to look upon disease as a reality and makes him susceptible to beliefs in disease. It is not an unusual thing for medical students to manifest in their bodies the symptoms of the disease that they are studying. Their minds are so filled with pictures of the disease that the disease thought overweighs their consciousness of health.

If you would demonstrate health, study health. Fill the consciousness full of thoughts of health. Think of health not as a physical condition in which there are no germs or disease, present, but as the real truth of man's existence. Health is not absence of disease; it is the wholeness and perfection of man.

Look toward God and face the truth of your being. Look within and realize that health is your divine birthright. Health must be so real and so true to you that disease cannot have even a seeming existence in your consciousness. Health comes from a consciousness of health.

"Mine eyes are ever toward Jehovah."

TUESDAY, JUNE 23

Word for Today: *Health is contagious. I catch the healing thought of God and I manifest health in my body.*

Disease is reflected into susceptible minds by people's merely talking about disease as an awful reality.—*Christian Healing.*

The contagion of disease is the propaganda of belief in disease. It is kept empowered by fear. Disease depends upon the belief that man is something that can become diseased. The truth is that man is spiritual. Disease has no power over him.

Think of health as contagious and you will cause yourself and others to contact the healing thought of God. Talk health and you will set others to talking health. Disease cannot exist where health is found.

Inoculate yourself with the health thought and you need not fear disease or epidemics. Disease will find no place to lodge in the consciousness already filled with health.

Annihilate the belief in disease and in contagion by your strong thought of health. Think healing so intently that you cannot be taken off your guard and participate in conversations on disease.

Think health. Speak healing words. Realize health as your divine birthright here and now. Spread the health gospel. Make health contagious.

"The tongue of the wise is health."

WEDNESDAY, JUNE 24

Word for Today: *Consciously unified with God, my body is filled with health and peace.*

Man falls into the sense of pleasure and excess. The reaction of sense is pain. Through these experiences man comes into a consciousness of an opposite to the good.—*Christian Healing.*

Pain comes through living contrary to the healing law of God. It results from thought and life entirely in opposition to the mind and life of Spirit. Pain is a result of following a god other than the one true God.

Any falling short of spiritual law is sin. If one does not regard himself in the higher light, if he does not regard his body as spiritual, pain is the result of his shortcoming.

When one is given to an excess of physical pleasure, his attention is directed away from the spiritual life. He cannot unite himself with physical excesses and keep unified with his spiritual center.

Unify yourself with God within and you unify your body with health and peace. There can be no pain where there is a consciousness of God and health.

People in this day are not inclined to tell of their aches and pains, because these are witnesses to their disobedience and excesses. The science of health is so well understood that even small children are able to demonstrate over pain and to manifest health.

"Sin shall have great pain" (A. V.).

THURSDAY, JUNE 25

Word for Today: *Turning to God mind within me, I am rewarded with health and wholeness.*

Man's salvation from sin, sickness, pain, and death comes by understanding and conforming to the orderly Mind back of all existence.—*Christian Healing.*

The student of practical Christianity demonstrates health by turning in thought from disease and pain and by turning in thought to God. He must look upon God within him as his salvation and his health. He cannot hope to receive these from any external source.

All healing by prayer comes through one's having turned to God and caught the vision of perfect health. In some cases the healing is instantaneous. It all depends upon the clear realization gained.

God mind in you is the source of your health. From this mind, your own spiritual consciousness, healing springs forth.

When you give yourself entirely to God, when your thought is uncompromisingly set upon the truth of God, you may be sure that God will compensate you with healing. When you turn to God mind, you simply turn to the spiritual truth about yourself. You see yourself as you are seen, you know yourself as you are known by the great forces of the absolute.

"I shall yet praise him, *who is* the health of my countenance, and my God" (A. V.).

FRIDAY, JUNE 26

Word for Today: *I dwell in the consciousness of the absolute and I behold that which is lovely and good.*

When he thinks God thoughts he will form only the beauties of nature and mankind, and there will no longer be anything in all his world that will cause a fear or a pang of pain.—*Christian Healing.*

Students of the healing consciousness finally arrive at that consciousness which is absolute, free from all trace of disease and pain. It is the mountain top, where one lives in eternal sunshine. It is the radiant glory of God. It is the peak of prayer and demonstration.

Just as the rule of addition cannot conceive of mistakes, just as the sunshine does not know darkness, just as fullness knows no vacuum, so the absolute knows no limitation or error.

One leaves behind all race beliefs, all belief in disease, all limiting thought about man, when he mounts to the pinnacle of the absolute consciousness.

Many students reading this page will glimpse the truth of the absolute at this moment and enter into the dazzling presence of the Christ in which disease and limitation cannot exist. Their bodies will express the absolute vision by showing forth absolute health.

"Whatsoever things are true, . . . honorable, . . . just, . . . pure, . . . lovely, . . . of good report, . . . think on these things. . . . and the God of peace shall be with you."

SATURDAY, JUNE 27

Word for Today: *God in me rightfully directs my life and I am assured of bountiful health.*

All the ills and discords of humanity may be traced to one error—the indiscriminate and thoughtless use of life separated from intelligence.—*Christian Healing.*

The life in your body must be under the guidance of higher forces. When the Spirit of God directs your life forces, there will be no stagnation or lack of vitality in your body. Oftentimes health is the result of the balancing of the life forces in the body, the taking control of the body forces through spiritual thought; congested organs are relieved and anæmic parts of the body are nourished by the free flow of life.

Place your body under the direction of the Spirit inhabiting it and you assure yourself of bountiful health; personal habits which are not conducive to health are overcome.

With God in charge of your life and your affairs, all that you think and do will serve to give you a consciousness of more abundant life.

God in you is your life and your health. God is the life of your body, the life of your affairs, the life of all that you have. Your life, when guided by higher intelligence, expresses the life of God.

"I will heal thee . . . and I will add unto thy days."

SUNDAY, JUNE 28

Word for Today: ***I stand witness to the goodness of God manifest as countless blessings.***

How marvelous are these little glimpses we are from time to time obtaining of things as God sees them! To what high points of privilege are we, his children, being lifted, in these latter days.—*Miscellaneous Writings.*

Today we rejoice and count our blessings. We see in how many ways we can praise God and bless him for our manifold good. We stand witness to his loving-kindness. As you count your blessings you will find that they increase and multiply. Many things that have been overlooked will come to mind and in them, too, you will behold God's goodness.

Praise and bless God for every little evidence of his love for you. Let nothing escape your attention and your praise. Quite often even the smallest incident has in it that which is most worthy of praise and thanksgiving.

As you continue to praise your good you will be called upon to witness the manifestation of more good. Those who fill their lives with good, first fill their consciousness with good. They discipline themselves to see the manifestation of good.

When there seems to be an appearance of lack of good, clear your consciousness of such a belief and you will find that only good can appear and exist.

"Ye shall be my witnesses."

MONDAY, JUNE 29

Word for Today: *I am not under bondage to mortal consciousness. I am free with the freedom of Spirit.*

Every soul is, by nature, or believes itself to be, in bondage to the flesh and to the things of the flesh. All suffering is the result of this bondage. —*Lessons in Truth.*

Through the ignorance of the race, man has allowed himself to come under many beliefs and laws based upon ignorance. He has thought himself under obligation and bondage to what he considered law but what in itself is only ignorant belief. He has thought that his body and his very existence were governed by laws of limitation. He has suffered because he has held himself in bondage to beliefs that are fallacious.

The truth frees man from all that is untrue. The truth frees him from every belief that is contrary to the absolute truth about man. The truth about man's divinity and perfection frees him from race beliefs in bondage and disease.

The truth about man's freedom causes the soul to expand. It causes man to breathe deeper and to appropriate the ethers of the universal.

Freedom is man's divine birthright.

"Let go from thee mortal thoughts, cast away the burdens of man, put off now the weak nature, and set aside the thoughts that are most heavy unto thee" (Apocrypha).

TUESDAY, JUNE 30

Word for Today: *I am free in the omnipresence of God.*

Do not be under bondage to false beliefs about your circumstances or environment.—*Lessons in Truth.*

Many people are unhappy because they feel that environment makes them so. They are unhappy solely because they believe that circumstances and environment have power to limit them.

Many persons would be very happy in the environment that you dislike. This proves that the matter of environment is, to a great extent, a personal one. It shows that one reacts to his environment according to his belief about it. It gives us reason to feel that through changing our beliefs we can change the nature of our environments.

One feels in bondage to his environment when he feels that he is enslaved to it, that he is subjected to it. He changes all this when he realizes that he is master and that his circumstances and environment must be obedient to him.

Realize that you live, move, and have your being in God. This realization will remove every barrier to your expansion and freedom. The presence of God is the presence of the absolute, the presence of freedom.

"Now will I break his yoke from off thee, and will burst thy bonds in sunder."

NOW ARE WE THE SONS OF GOD

Today as I sit in the quietness of the presence of God, I know myself as God knows me and I see myself as God sees me. In this stillness all mortal and limiting thought becomes still and obedient to the truth of God, the truth about myself.

Gone are all shadows of ignorance and darkness, all false beliefs, all doubts and fears, all personal desires and personal hates; these errors are but forgotten incidents in a day that is past. They can have no place in my heart, because they have no place in Truth; they have no place in Truth because they have no place in God.

Relieved of the strain of personal effort, my mind and my body are relaxed. God works through me quietly and peacefully, without worry or strain. Every muscle, nerve, and cell in my body is free from strain and is soothed by the presence of God.

My body temple is the temple of God; I am a son of God: Disease, fear, and selfishness cannot inhabit my body. God alone has presence and power in my body. As my Father, God expresses through me, and as his son I express his divine nature.

I know all men as the sons of God and, through my clear realization of this mighty spiritual truth, I set them free from bondage to foolish beliefs. Sons of God, I greet you in your divine loveliness and holy perfection.

Children of God, in you God has expressed perfect manhood and perfect womanhood. In you, God brings himself to visibility and, seeing the perfection of one another, you see the manifest perfection of God.

The thousands of people who join with me in this meditation help me to a clearer realization of my sonship and in turn I greet them in this higher concept of truth. As we join in this way we are like worshipers in a vast cathedral. We are the holy brotherhood of His holiness; we are sons of God, facing the light of his presence.

The sanctus bell of our vast spiritual temple is the concerted beat of consecrated hearts. The incense is the wafting high of loving devotion. The lights of the temple are the radiant splendors of self-illumination. The high priest is that One too high in our estimation to be called by name.

Thus we, the sons of God, unite in all that is high and noble. Every high and ennobling thought serves to bind us closer.

"Beloved, now are we the sons of God; and it doth not yet appear what we shall be: but we know that, when he shall appear, we shall be like him; for we shall see him as he is" (A. V.).

Now we are the sons of God. Our sonship is not dependent upon time or place; it is as constant as God, unvariable and unchangeable.

After we get the clear vision of our divine sonship, the next step will be shown us; we shall see ourselves as more than sons of God. When God has appeared to us in spiritual consciousness, we shall see our likeness to him. We shall no longer be sons; we shall be like him, as he is. Our sonship merges into a full participation in all the mysteries of the divine. The finite will become the infinite.

Today even as we hesitatingly claim sonship we

catch the vision of the Father in us, of ourselves in the Father, son and Father one and inseparable.

Just as the junior partner assumes more and more the responsibilities of the senior member of the firm so does the son of God merge into divine authority, spiritual completeness.

"Ye are gods, and all of you sons of the Most High." We are gods in embryo until we reach the full consciousness of godhood. All who do not know themselves as gods are, for the time being, but sons of God.

Our faithfulness to sonship is our passport to godliness. We serve apprenticeship as sons until we grow in stature and divine maturity, fit to be called gods. But one thing is essential—growth in spiritual consciousness.

We are constantly growing and developing in consciousness, always gaining a clearer realization of the spiritual truth about ourselves.

Jesus "thought it not robbery to be equal with God" (A. V.). We, too, take nothing from God when we manifest his character; we but serve to help bring about the millennium, when all persons and all things will express the character of God.

This high consciousness causes a prompt transformation of the body temple. As to what the body will become in the ultimate, we need not speculate; we know that it will lose all materiality and grossness and be refined and refashioned by the light of God.

We need not feel that we can be too absolute in our affirmations. Man cannot get too high an estimation of his spiritual manhood, his perfection in God.

THE WISDOM OF THE HINDUS

A humble man, renouncing self, yields to God.

The more man recognizes his spiritual *I* and the more he renounces his material personality, the more truly he understands himself.

Nothing will aid you as much as good thoughts in the accomplishment of the true task of your life.

Fix the glance of your soul upon that one pure light which is free from passions.

Strive not to think of the things which you believe to be evil.

Cherish good thoughts, searching for them in books of wisdom, in sensible conversations, and above all, in your inner self.

This eternal principle is within you; transport yourself into it, and it will reveal unto you that which is life and all that which is true.

Untruth must be renounced, for in truth is the seat of immortality.

The need to die arises from delusion; from truth arises the need to die no more.

He who devoutly meditates will never commit any great sin.

A virtuous man ought to be like the sandal tree, which perfumes the axe that destroys it.

Each time you rise after failure, you acquire fresh strength.

No law can make you free; you *are* free. Nothing can give you freedom, if you have it not already.

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A PRAYER

God, O God, steadfastly see
Thy perfection right in me;
Till I give up error thought,
Till I have the vision caught,
Till I look through eyes of thine,
See myself as Thee, divine.

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